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EGGS-ACTLY WHAT YOU NEED

EGG RECIPES

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EGGSPLANATION

The recipes and information in this circular have been assembled under one cover for the eggspress purpose of aiding in the understanding of how and why eggs should be of greater use in the human diet. The sources and original authors of most of the recipes have been lost by their popularity in having appeared in many publications of different sorts and at different times. Credit cannot be given with any degree of accuracy, for many of these recipes are very old and are thoroughly tried and proven. Some are new versions of old recipes and still others will continue to lend opportunity for future variations.

Eggs should be included in the diet frequently the whole year through becaue they are highly nutritious, cheap, and available at all times. They are a valuable meat substitute. They are easily and quickly prepared and can be prepared in a wide variety of ways for any meal.

Eggs are an ideal family food. They are not just a breakfast food, but may be used as the main dish for either lunch, supper, or dinner. Because of the vitamin and mineral content, they make a valuable food for a child. Their vitamin and fat content make them desirable foods for the convalescent.

Few foods are as nutritious weight for weight as are eggs. They contain desirable proteins and fats as well as vitamins A, B, and D, which are those substances in food so necessary for health. Eggs are rich in mineral salts, especially phosphorus, calcium, and iron. Eggs are valued especially for their iron and for their vitamins.

Eggs are easily and quickly digested if cooked so that the protein is not toughened or coated with grease. Eggs are classed as a protein food so they should be cooked at low temperatures. To properly soft cook eggs, place them in a vessel containing enough water to cover them. Place the vessel where the water will not boil, will hold its temperature. For soft eggs the time should be three to five minutes. For medium eggs from eight to ten minutes, and for hard eggs fifteen to thirty minutes. Cooking at low temperature is the success of all delicious egg dishes, from fried eggs to angel cake, or up or down the scale whichever way the taste may go.

Of the edible portion of an egg, about 13% is protein, and about 10% is fat. The remaining portions are water and mineral matter. Of the minerals needed for one day, one egg will supply 10% of the iron, 6% of the phosphorus and 5% of the calcium. An egg is rich in sulphur. One egg will supply 10% of the protein, eggs may take the place of meat, cheese, beans, nuts, and milk in the diet. Eggs contain no starch, so it is desirable to combine them with bulky food. Contrary to an existing belief there is no difference in the composition of eggs with white and brown shells.

Many varied uses are made of eggs because the white has power of holding air. Whenever a food containing beaten egg white is heated, the air expands and the egg white stretches, then coagulates, which in turn makes the food light and porous. Sometimes the products fail due to the temper-

Of the edible portion of an egg, about 13% is protein, and about 10% is set.

In addition to being used as the main dish for any meal, eggs have four important places or uses in cooking.

1. Thickening as in custards, batters, sauces. Egg slightly beaten so that yolk and white are well mixed. Two yolks thicken a mixture slightly more than one whole egg.

2. To add lightness as in omelet, souffle, spong cake, etc., yolk and white beaten separately, folded into the mixture.

3. To add richness and color as in ice cream, sauces, rolls, etc.

4. For coating to prevent absorption of grease as in croquettes and other articles fried in fats. Eggs are slightly beaten and mixed with equal parts of water and milk.

It is important to keep eggs in a clean, odorless place to hold their good fresh quality. Eggs should be kept in the refrigerator but not in the same dish or container with onions or other articles of strong flavor or odor. There is no known way to improve the quality of an egg after the hen lays it, so from that time till it is used it is the duty of everyone handling it to preserve that quality.

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EGG SALADS

Egg, Tomato, and Lettuce Salad

This describes an individual serving. Pile shredded lettuce on salad plate, sprinkle with salt and a teaspoon of salad dressing. Over this place 2 or 3 slices of tomato. Then quarter a hard cooked egg, and place around the edge of the lettuce, equal distance apart. Garnish with salad dressing on top or at the side.

Egg and Tomato Salad

Peel tomato. Cut crosswise in ¾ inch slices. Arrange one slice on garnish. Pour over it one tablespoon of French dressing. Hard cook eggs. Remove the shells and cut in two. Remove yolks, being careful not to break the whites. Mash yolk mixed with choppped parsley and two teaspoons of raw mayonnaise dressing to each yolk. Salt to taste. Refill whites of eggs with mixture and set on side of sliced tomato or slice crosswise and arrange three slices on each slice of tomato. Garnish with parsley.

Easter Egg Salad

Cut the ends off hard cooked eggs. Place in a warm cinnamon candy syrup for thirty minutes or until colored. Then, when cool, place in a standing position on lettuce leaves. Garnish around the base of the egg with slices of egg mashed with stiff mayonnaise, the centers decorated with fanciful cuts of pimento or green pepper.

Optimo Egg Salad

Arrange on crisp lettuce leaves two slices of tomato, surrounded with asparagus over which place a slice of hard cooked egg. Garinsh with rings of green pepper, olives, and slices of pickle. Serve with Thousand Island dressing.

EGG DRINKS

Eggnog

¾ c. whole milk or part cream
1 egg
Few grains salt
Few drops flavoring

Add salt and sugar to egg, beat until very light. Add flavoring and pour in ice cold milk. Do not beat. Serve in tall glasses immediately.

Egg Milk Shake

3 c. milk
3 eggs
4 T. sugar
1 t. vanilla
½ t. salt
Few grains nutmeg
Few grains cinnamon

Beat the eggs until light, add the sugar, salt, vanilla, and spices, then the milk. Stir until the sugar is dissolved, then beat well. Serve cold.

Egg Lemonade or Egg Orangeade

Make lemonade or orangeade in the usual way. For each lemon or orange used, beat one egg thouroughly and stir into the lemonade or orangeade.

EGG DISHES FOR BREAKFAST, DINNER, LUNCH AND SUPPER

Apple Fritters

Peel four large apples, slice thin, dip in batter and fry.

Batter: One cup flour, 1 teaspoon baking powder, 3 eggs, ½ cup milk, 2 tablespoons butter, 1 tablespoon sugar, ½ teaspoon salt.

Waffles

2 eggs
1 teaspoon corn meal
2 cups sour cream
1 teaspoon soda
½ teaspoon salt
2 cups flour

Beat whites and yolks separately. Mix yolks with cream and dry ingredients, adding alternately. Add stiffly beaten egg whites. Serves four.

Daffodil Eggs with Spinach Border

8 small rounds of toast
4 hard cooked eggs
2 cups creamed spinach
½ teaspoon salt
Dash of white pepper

Place small rounds of toasted bread on a hot platter, on each one put a tablespoon of creamed spinach, covering the bread. Cut the whites of four hard cooked eggs into small pieces and chip fine. Cover spinach with this. The yolks are grated and sprinkled over the top, then add salt and pepper, and warm in oven. Garnish with parsley.

Tomato and Egg Fluff

4 eggs
⅓ c. milk
½ c. cream
⅓ c. tomato pulp
⅔ tablespoon flour
1 teaspoon salt

Make a cream sauce of flour, milk, cream, and salt. Add the beaten egg yolks and tomato pulp. Fold in the stiffly beaten egg whites. Bake in buttered ramekins or tins in a moderate oven.

Eggs in Suisse

Take a shallow baking dish and put two large tablespoons of butter in a little bit of milk, then a layer of grated cheese. Break a number of eggs carefully and put them in the dish, being careful to keep them separate, season with salt and pepper, sprinkle cheese on top, put in the oven, and as soon as the cheese is brown, serve.

Fluffed Eggs

Toast rounds of white bread, one for each person to be served. Dip each piece quickly into salted boiling water so that one side is wet and arrange on a hot platter, damp side up. Put a generous portion of creamed chicken on each round of the toast and place the platter in a warm place. Have ready a pan of boiling water, and in it boil as many yolks of eggs are there are pieces of toast. Place one cooked egg yolk on each round. Beat the whites of the eggs to a stiff froth and drop by spoonfuls on the yolks. Place in the oven until the whites are delicately browned, and serve immediately.

Rice and Creamed Eggs

In the center of a large chop plate or platter, heap flaky boiled rice. Around this pour a rich cream sauce into which hard cooked egg, cut lengthwise, have been stirred. Garnish with parsley around the rim of the plate, but sprinkle over the rice a little of the egg yolk that has been grated or forced through the food press. Serve hot.

Eggs a la King

4 tablespoons butter
6 hard cooked eggs (cut in pieces)
2 minced sweet peppers
4 tablespoons flour
2 cups milk
1 c. diced chicken
1 teaspoon salt

Melt butter, add pepper and chicken, and cook until soft. Stir in flour and add milk. Stir until thickened. Add seasoning and eggs. Heat very hot and serve on squares of toast; or pour into a baking dish, sprinkle with buttered crumbs, and brown in a quick oven. Diced chicken may be omitted.

Curried Eggs

6 eggs
1½ pints of good gravy
2 teaspoonfuls of curry powder plus flour and butter

Mix the curry powder into a paste with a little gravy, then add the rest of the gravy until it is completely mixed, let this then simmer gently until it is reduced to a little more than ½ pint. Thicken it with a little flour and butter. Cook the eggs hard. Cut them into slices, yolks and whites together, pour gravy over egg slices and warm for five minutes. Serve very hot.

Egg Croquettes

2 tablespoons shortening
2 tablespoons flour
½ cup cooked meat chopped
Salt and pepper to taste
6 hard cooked eggs
¾ cup milk
1 teaspoon chopped parsley

Chop eggs and mix with chopped meat, parsley and seasonings. Melt shortening, stir in flour, add milk and boil three minutese, stirring. Add egg mixture, cool all and divide into balls or any shape preferred. Beat one egg and add one tablespoonful cold water, dip in mixture, roll in bread crumbs and fry in hot fat. Chopped meat may be omitted.

Baked Eggs

Break eggs into a hot buttered dish; sprinkle with salt and cayenne pepper, adding a dessert spoon of cream for every egg. Bake in a hot oven until whites are set. It makes a pretty dish to beat the whites very stiff and turn into small buttered saucers; in the center of each make a hole and pour in one tablespoon cream and one or two yolks. Do not salt and pepper enough to make fall. Bake from 8 to 10 minutes.

Baked Eggs With Potatoes

5 hard cooked eggs
½ raw onion
¼ cup flour
½ teaspoon salt
¼ teaspoon pepper
2 cups milk
3 tablespoons melted shortening
½ cup cracker crumbs
5 cold boiled potatoes
¼ cup shortening

Cut eggs and potatoes in slices ¼ inch thick, melt shortening, add the flour and seasoning, add milk and stir until boiling. Put eggs and potatoes in greased baking dish in alternate layers, putting on each a little onion juice and pulp, covering with sauce. Have the last layer same. Mix crumbs with melted shortening, and spread on top. Set in oven to heat and brown the crumbs.

Omelet Souffle

3 eggs
2 ounces of butter
1 pinch of dried herbs
1 salt spoon chopped onions
1 dessert spoon of chopped parsley

Beat the whites of the eggs to a very stiff froth; mix the yolks with the parsley and a little salt and pepper; stir the herbs gently into them and continue as in a plain omelet. Fold the omelet and serve immediately.

Creamed Eggs With Cheese

6 hard cooked eggs
6 slices toast
3 tablespoons butter
Pimento if desired
½ teaspoon salt
1½ cups milk
¼ lb. cheese (grated)
3 T. flour
1 t. chopped parsley

Melt the butter, add flour, and salt, and stir until well mixed, add the milk slowly, and cook well, stirring constantly. Add cheese and beat until smooth. Arrange slices of toast on a hot platter, pour a little sauce on each piece, cut eggs in half, and place on toast allowing one egg to each slice of toast. Pour over the rest of the sauce, sprinkle with parsley, and serve at once.

Lyonnaise Eggs

Brown three tablespoonfuls of butter or oil and add one chopped onion. Let cook until slightly browned. Make white sauce of 1 tablespoonful of flour and one cup milk. Add salt and pepper to taste. Pour white sauce over cooked onion in baking dish. Break six to eight eggs in the mixture, sprinkle with buttered bread crumbs and bake until eggs are done.

Eggs in Bacon Rings

6 long slices of bacon
6 eggs
Salt
Pepper
Parsley
Toast points

Partially cook the bacon and curl around the inside of a muffin tin or small ramekin. Break an egg inside of each bacon ring, and place the cup

on a baking sheet or shallow pan and cook in the oven until the egg is set but not hard. Remove them from the cups carefully so that each egg remains in the ring of bacon. Place them on a platter, and put a triangle of crisp buttered toast between the eggs. Garnish with parsley.

Creamed Macaroni With Eggs

5 eggs ½ cup cheese ¾ c. bread crumbs
1 c. macaroni 1¾ c. white sauce

Cut eggs in eighths lengthwise, add macaroni, white sauce and seasonings. Arrange in buttered baking dish, cover with buttered crumbs, and bake until the crumbs are brown.

Mushrooms and Eggs a la King

Six hard cooked eggs, six tablespoonfuls butter, 1½ teaspoons salt, dash of cayenne pepper, 1 small onion, 3 cups milk, one-third cup flour, ⅜ cup chopped green peppers, ¼ cup chopped pimentos, 1 four-ounce can mushrooms. Blend four tablespoonfuls butter and flour and add to the scalded milk. Saute onion and chopped mushrooms in the remaining part of the butter. Add the last mixture to the white sauce, also the rest of the ingredients and serve crisp toast points or circles.

Hindoo Eggs

Hard cook four eggs, slice crosswise in thick slices, cutting each egg with about four slices. Arrange the slices of egg in a buttered baking dish, which has been generously sprinkled with bread crumbs. Over the egg sprinkle the salt, black pepper, and half teaspoonful of curry powder. Put over this three slightly beaten raw eggs. Cover with buttered crumbs and bake in a moderate oven until the egg is set.

Mexican Eggs

One small onion chopped fine and allowed to cook slowly in about two tablespoonfuls of fat until the onion is soft but not brown. About a tablespoon of chopped green pepper is good added to the onion. Pour a large can of tomatoes over the onion and season highly with salt chili powder, or red pepper. Let the mixture simmer until tomatoes are all cooked to pieces. Then poach in the mixture, one or more eggs for each person to be served, keeping the mixture where it will simmer but not boil. When the eggs reach the desired degree of hardness, serve on toast with some of the tomato. Eggs may be poached separately if desired.

Scalloped Eggs (No. 1)

Two tablespoonfuls of flour, 2 tablespoonfuls butter, 1 cup milk, ½ teaspoon salt, 3 tablespoons grated cheese, 6 hard-cooked eggs, 2 cups macaroni or rice, 2 cups buttered crumbs. Make a white sauce of the flour, butter, and salt. When it boils well, remove from the fire and add the grated cheese. Butter a baking dish and put in a layer of crumbs, macaroni or rice, sliced hard-cooked eggs and white sauce. Repeat the layers, saving the crumbs for the top. Brown in a hot oven. Serve with tomato sauce.

Scalloped Eggs (No. 2)

Hard cook six eggs; slice them thin in rings; in the bottom of a well buttered baking dish place a layer of grated bread crumbs, then one of eggs; cover with bits of butter and sprinkle with pepper and salt. Continue thus to blend these ingredients until the dish is full; be sure that the crumbs cover the eggs on top. Over the whole pour a teacupful of sweet cream or milk and brown nicely in a moderate oven.

Eggs a la Virginia

Six hard cooked eggs, 1 teaspoonful vinegar, two teaspoons melted butter or oil, salt, paprika, mustard. Cut the eggs in halves and remove the yolks without breaking the whites. Mash the yolks and mix them with seasoning. Mold the mixture to fit into the whites. Put the halves together, fastening with toothpicks and dip them in a slightly beaten egg or roll in bread or cracker crumbs. Then fry in deep fat until a golden brown. Serve as you would croquettes.

Egg Cutlets

Make a white sauce of 2½ tablespoonfuls of butter, ⅜ cup of flour, ¼ teaspoonful salt, 1 cup milk. Cool slightly and add 6 hard cooked eggs, chopped. It is best to prepare this mixture at least half a day before using and keep in ice chest, that it may be molded into desired shape. When cold mold into shape of a cutlet or croquette, dip in a mixture of egg and milk, roll in bread crumbs and fry in deep fat. To add variety they may be served with Hollandaise or tomato sauce.

Eggs in Tomatoes

Butter a baking dish, dust with bread crumbs, then pour in enough cooked tomatoes to cover the bottom of the dish. Cover with a layer of bread crumbs and a sprinkling of cheese. Lay on this the required number of uncooked eggs, season with salt, pepper and a teaspoonful of onion juice, if liked. Cover with a thin layer of buttered crumbs and bake in a moderate oven until the egg whites are well set and the top delicately browned.

Egg Suzette

Bake as many good sized potatoes as there are people to be served. When these are done, cut a slice from the side of each, scrape out a portion of the potato so there will be a wall about half an inch thick all around, and mash the potato that was removed. Season with salt and pepper, add a little milk and beat until light. Fry as many slices of bacon as there are potatoes. Break each slice into small pieces and sprinkle it into a potato then season with pepper and break in a fresh egg. With the mashed potato build up a light wall around the opening in the potato and stand the dish in a hot oven 15 to 20 minutes, until the eggs are set. Squeezing the potato through a pastry bag with a quarter inch star tube gives quite a professional touch to this delicious dish. Just before serving, put a tablespoonful of cream sauce on each potato, using as fat a bit from the pan in which the bacon was cooked.

Baked Eggs

Butter small tins or muffin pans and place in each one teaspoonful of soft bread crumbs and one tablespoon of milk. Break an egg into each pan, season with salt, add one tablespoonful of milk, a small lump of butter; sprinkle tops with a few bread crumbs and grated cheese, and dust with paprika. Bake until a golden brown, then run a sharp knife around the edge of the pan, remove the eggs to a hot plate, and serve at once.

Nest Egg

Force enough boiled potatoes through the food press to make three cupfuls. Add a piece of butter the size of an egg, a teaspoonful of salt and ½ cupful of milk, and beat until the mass is creamy and light. Add 2 canned pimentoes that have been cut into long strips and beat again. Reheat, then make nests on a platter that will stand the heat of the oven, and slip an egg carefully into each. Then bake in a moderate oven until the eggs are set; garnish the dish with parsley and serve immediately.

Cheese Fondu (No. 1)

Yolks of 3 eggs
Whites of 3 eggs
1 T. butter
1 c. soft stale bread crumbs
¼ lb. mild cheese (cut in small pieces)
1 c. scalded milk
½ t. salt

Mix milk, bread crumbs, cheese, butter and salt, add yolks of eggs beaten until lemon colored. Cut and fold in whites of eggs beaten until stiff. Pour in a buttered baking dish, and bake 20 minutes in a moderate oven.

Cheese Fondu (No. 2)

1½ cups of soft stale bread crumbs
6 ounces of cheese
1 cup hot water
½ teaspoon salt
4 eggs
1½ cups of grated cheese

Mix water, bread crumbs, salt and cheese, and egg yolks, thoroughly beaten into this mixture, cut and fold the whites of the eggs beaten until stiff. Pour into a buttered baking dish and cook 30 minutes in a moderate oven. Serve at once.

Eggs a la Goldenrod (No. 1)

1 cup rice
1 cup milk
4 hard cooked eggs
Dash pepper
2 tablespoons flour
Dash paprika
2 tablespoons butter
1 level teaspoon salt

Boil and blanch a cupful of rice, spread it on a platter and sprinkle it with one teaspoon salt. Make a sauce of butter, flour and milk. Chop the whites of the eggs very fine and add to the sauce. Pour the cream sauce over the rice, garnish with grated egg yolks, parsley and paprika.

Eggs a la Goldenrod (No. 2)

Use recipe for creamed eggs. Separate whites and yolks, chop whites fine, add to the white sauce, and when hot serve on toast, and garnish with yolk run through seive or ricer. Season with salt and pepper.

Eggs in Pimento Cups

6 eggs
1 can pimentoes
2 tablespoons butter
2 tablespoons flour
6 rounds of toast
1 cup milk
¾ teaspoon salt
Dash pepper

Line inside of buttered custard cup with pimento. Break an egg in each one, then salt and pepper. Place cups in baking pan one-third filled with boiling water. Bake in a moderate oven until the eggs are set. Make a white sauce of butter, flour, milk, and season to taste. Pour into a heated platter. When the eggs are set, loosen the pimento from the sides of the cups. Put a piece of toast over the cup and turn out the contents on the toast. Place the toast with the egg in the cream sauce and garnish with chopped parsley. Serve at once.

Curried Eggs and Rice

4 hard cooked eggs
1 cup rice
1 small onion, minced
1 teaspoon curry powder
2 tablespoons fat
½ teaspoon salt
2 tablespoons flour
1½ cups milk

Boil or steam the rice until soft and mealy. Melt fat in skillet, add onion and brown well. Add flour, curry powder, and salt. Rub smooth. Add milk, stirring until the sauce is thick and smooth. Arrange on a platter and arrange halves of eggs on the rice. Pour the curry sauce over and around the eggs and rice.

Scrambled Eggs With Cheese

8 eggs
1 tablespoon parsley
1 lb. cheese, rub through grater
Salt and pepper to taste

Beat eggs slightly, add remaining ingredients. Pour into a well buttered skillet and cook very slowly, stirring constantly so that the cheese will be melted by the time the eggs are cooked. Serve on toast.

Creamed Eggs With Pimento Sauce

¼ lb. pimento cheese, rub through grater
6 hard cooked eggs
1½ cups milk
6 slices of toast
1 t. chopped parsley
3 T. butter
3 T. flour
½ t. salt

Melt butter, add flour and salt and stir until well mixed, add the milk slowly, and cook well, stirring constantly. Add pimento cheese and beat until smooth. Arrange slices of toast on a hot platter, pour a little sauce on each slice of toast, cut eggs in half and place on toast allowing one egg to each slice of toast. Pour over the rest of the sauce, sprinkle with parsley and serve at once.

Hidden Eggs

2 tablespoons minced onion
2 tablespoons flour
2 cups tomato pulp
2 tablespoons cooking fat
3 tablespoons butter

Salt, cayenne, mace, chopped parsley, bread crumbs, ham thinly sliced. Cook until tender minced onion in fat, cream in the flour and add tomato pulp, add seasoning. Fry the ham, enough to line a baking dish and pour over this the gravy left over from frying. Into this slice a layer of 6 to 8 egg hard cooked, and cover with onion and tomato sauce. Sprinkle with bread crumbs and parsley, dot with butter and bake in moderate oven half to three-fourths of an hour.

Eggs in Potato Nests

Boil and mash potatoes. Season with salt, pepper, and cream, and beat until light and fluffy. Into a buttered baking dish put large spoonfuls of the potato, hollowing out the center of each spoonful to make a cavity large enough to hold the egg. Into each hollow break an egg, dot with butter, sprinkle with salt and pepper. Bake until the egg is set.

Scotch Woodcock

4 hard cooker eggs
3 tablespoons butter
1½ tablespoons flour
1 cup milk
Dash of cayenne
Few drops of anchovy (essence)

Make white sauce of butter, flour, milk and seasoning. Add eggs finely chopped, season with ancovy essence and serve on the untoasted side of bread, bread toasted only on one side.

Rosette Egg

Force mashed potato through pastry tube, forming rosette around border of plate. Break egg in center, season, place in oven until set. Garnish with parsley and paprika.

Vienna Egg

Arrange mashed potato and Spanish rice on a plate in concentric cirles. Break egg in center and bake. Garnish with parsley.

Eggs in Spinach Cups

2 cups cooked spinach
6 eggs
Pepper and paprika to taste
6 tablespoons catsup
1½ teaspoons salt

Chop the spinach and season with 1 teaspoon salt and 1 tablespoon butter. Line the bottom and sides of six buttered custard cups with the spinach. Break an egg into each cup. Dot with butter and sprinkle with salt, pepper, and paprika. Set cups in baking pan of hot water and bake in 400 degree oven for 20 minutes or until eggs are set. Remove from the cups. Pour catsup over the eggs and serve hot.

Creole Eggs

6 hard cooked eggs
2 tablespoons butter
1 medium sized onion
1 cup canned tomato
2 cups rice
1 green pepper
1 teaspoon salt

Boil or steam rice until well cooked. Melt butter in sauce pan, add the chopped onion and green pepper. Cook until soft, not brown, and add strained tomatoes and salt. Cut eggs into eighths, put in a serving dish and pour over the sauce. Heap the rice at the ends of the dish. Serve very hot.

Egg Timbale

1 cup milk
4 eggs
½ teaspoon salt
Onion juice
½ teaspoon chopped parsley

Break eggs into a bowl, add seasoning and milk, beat thoroughly with egg beater. Butter a dish well, put mixture in, place in a pan of hot water and bake about ½ hour in not too hot an oevn. Test with silver knife. Remove from dish and serve with creamed carrots and peas.

Chicken Timbale

1 cup milk
1 cup bread crumbs
1 cup ground chicken meat
1 teaspoon salt
5 egg whites
5 T. cream

Cook milk and bread crumbs until smooth. When cold add ground chicken meat, salt and cream then stir in carefully the whites of eggs. Fill into small molds. Stand in a baking pan of hot water and bake twenty minutes.

Holland Eggs and Cheese

5 hard cooked eggs
6 green pepper shells
2 tablespoons butter
1 cup thick white sauce
1 cup grated cheese

Cut eggs into small pieces and fold into thick rich milk sauce. Halve peppers lengthwise, fill with mixture, sprinkle heavily with cheese and bits of butter and brown in oven. Serve on hot platter and garnish with water cress or parsley.

Scalloped Peas

1 pint peas
2 pimentoes (canned)
2 tablespoons butter
3 hard cooked eggs
1 cup medium white sauce
½ cup bread crumbs

Moisten crumbs with melted butter. Mix the peas, white sauce, pimentoes cut in strips and eggs cut in small pieces very carefully. Put in buttered baking dish. Sprinkle with buttered crumbs and bake in a moderate oven 20 minutes. This is very colorful and effective in glass baking dish.

Cheese Souffle

2 tablespoons butter
1 tablespoon flour
1½ cups of milk
1 teaspoon of salt
1 cup of grated cheese
Dash paprika
6 eggs

Melt butter, add flour and slowly pour in milk, cook until smooth, salt and add paprika, while warm, stir in cheese, and unbroken yolks of eggs, then the whites beaten stiff. Bake 20 or 25 minutes. Serve at once.

Macaronian Eggs

5 hard cooked eggs
1 cup cooked macaroni
½ cup grated cheese
Salt and pepper
¾ cup buttered crumbs

Cut eggs in eighths and arrange in a buttered baking dish, add macaroni, white sauce, and seasoning. Cover with buttered crumbs and bake until brown.

Chipped Beef Washington

Freshen very slightly ⅜ lb. chipped dried beef. Drain and add 2 cups white sauce with 1 can corn. ½ minced green pepper and 3 chopped hard cooked eggs. Simmer gently 10 minutes Serve between and on top of individual short cakes, (unsweetened) or on rounds of buttered toast.

Clam Scramble

Drain one can minced clams; melt 2 tablespoons butter in the top of double boiler. Beat 4 eggs light, add ¼ cup milk, ¼ teaspoon each of salt and paprika, turn mixture into melted butter. Cook until mixture begins to thicken. Add drained clams. Continue cooking until mixture is thick. Serve at once on strips of hot buttered toast. Garnish with strips of crisp bacon.

Egg Fruit Omelet

Heat one tablespoon of butter in omelet pan or frying pan. Beat 6 egg yolks and add cup of fruit juice and 2 tablespoons of sugar. The amount of sugar added to fruit juice would depend on fruit used. Cook in stiffly beaten whites of eggs. Pour omelet mixture in hot pan. Cook slowly until golden brown and spread half with warm tart apple sauce and fold over. Serve at once. Nice for lunch.

Creamed Eggs

3 hard cooked eggs — 1 cup medium white sauce — 6 slices of toast

Prepare white sauce and add hard cooked eggs cut in halves, sliced, or chopped, and when hot serve on toast. Chopped cold boiled ham, bacon or fish may be added to the white sauce.

EGG SANDWICHES

Pep Sandwiches

Put through the food grinder, the hard cooked eggs. Moisten to a paste with Thousand Island dressing and spread generously on thin slices of bread, well buttered with good fresh butter. Thousand Island ressing is made as follows: 1 egg yolk, 1 cup salad oil, 1 teaspoon sugar, ¼ teaspon salt, ⅛ teaspoon paprika, 2 tablespoons lemon juice. Add seasoning to egg with 1 teaspoon lemon juice, beat well, adding oil little at a time until mixture thickens, then add oil and lemon alternately until all is used. Add last, 2 tablespoons of white sauce, 1 of onion and 1 of green pepper, chopped finely.

Egg Filling for Sandwiches

1. Minced hard cooked eggs mixed with grated cheese and seasoned with mustard. Moisten with mayonnaise.

2. Mash yolks of hard cooked eggs finely with a fork, then moisten with mayonnaise, add the whites chopped also, ½ the amount dill pickles; add more mayonnaise, put on lettuce leaf between two slices of buttered bread.

EGG DESSERTS

Orange Cake (two layer)

1½ cups sugar
⅜ cup butter
Pinch of salt
3 eggs
¾ cup milk
2¼ cups flour
3 teaspoons baking powder
¾ teaspoon vanilla

Angel Food Cake

1½ cups egg whites
1½ cups granulated sugar
1 cup pastry flour
1 teaspoon cream tartar
½ teaspoon lemon
¼ teaspoon salt
½ teaspoon almond

Method: Chill eggs. Sift flour and set aside. Sift sugar four or five times and set aside. Break eggs and add one-fourth teaspoon of salt. Beat until fluffy. Add cream tartar and beat until it will peak. Spoon in sugar, and beat well. Add flavoring. Fold in flour.

For Gas Range: Put into a cold oven and bake very slowly the first 20 minutes; increase heat to 250 degrees F. for the second 20 minutes; and increase to 300 or 310 degrees F. for remainder of baking. One hour is the time required for baking.

For Electric Range: Put in cold oven and turn lower unit until on high. Set thermostat at 350 degrees. When indicator reaches 300 degrees, turn lower unit to medium and leave until 350 degrees has been reached. Then turn off unit and continue baking on stored heat. One hour is the time required for baking.

Chocolate Angel Food Cake

11 egg whites (1¼ cups)
1¼ cups fine granulated sugar, sifted
¾ cup cake flour (sifted five times before measured)
¼ cup cocoa, sifted with flour
1 level teaspoon cream of tartar
¼ teaspoon salt
½ teaspoon lemon
½ teaspoon vanilla

Bake same as plain angel food cake.

Five Egg Sponge Cake

5 eggs — 1 cup flour — Pinch of salt
1 cup sugar — Flavoring — ⅓ t. cream tartar

Beat egg whites stiff. Add cream of tartar and sugar. Beat yolks and add flavoring to them and add to the above, and beat well. Sift flour 5 times and add salt to it and fold into the egg mixture.

Lemon Filling

Yolks of five eggs cooked until thick in double boiler; one-half cup sugar; one-half cup milk; juice of one-half lemon. Cook until it is thick enough to coat spoon when it is held up. Pineapple juice may be substituted for the milk. This filling is nice when used with cocoanut for filling cocoaunt cake. Mix fresh shredded cocoaunt with one-half of the filling and cover the outside with the rest and sprinkle with cocoaunt.

Filling

½ cup sugar — ½ teaspoon lemon juice — 1 egg slightly beaten
Grated rind ½ orange — 2½ teaspoons flour — Butter size of walnut
¼ cup orange juice

Icing

White of 1 egg — 1 egg shell of cold water

Stir in sugar until a soft fondent stage is reached, then add 2 tablespoons of soft butter and spread on cake.

Frosting

Grated rind of one orange — 1 teaspoon lemon extract — 1 teaspoon lemon juice
1 teaspoon orange juice

Let stand 10 minutes. Strain and add to 1 egg yolk slightly beaten. Add confectioners sugar until right consistency to cover cake.

Dream Pie

Juice of 1 lemon — 6 eggs — 3 tablespoons water
Few grains salt — 1 cup sugar

Put lemon juice, water, salt, egg yolks, and ¼ cup sugar in double boiler on stove in boiling water. Stir until it forms a custard, remove and have beaten egg whites with the other ¼ cup of sugar ready and add half of egg whites to custard. Put into ready baked fluffy pie crust and top with remaining egg white. Set in oven to brown.

Floating Island

3 egg whites
4 T. sugar
3 egg yolks
¼ c. sugar
⅛ t. salt
1½ c. scalded milk
½ t. vanilla

Beat the whites until stiff. Add 4 tablespoons sugar. Drop by tablespoonfuls into a shallow pan of hot water. Bake in a moderate oven until delicately brown. Remove cooked whites into a serving dish.

Prepare the custard sauce. Mix the yolks, sugar and salt in a bowl, add scalded milk slowly. Return to the double boiler and cook until a coating is formed on metal spoon. Remove immediately and add flavoring. Pour around cooked whites in a large shallow bowl. Chill before serving.

Baked Custard

Proceed as for custard. Pour the mixture into buttered custard cups or a baking dish. Set in a pan of warm water and bake in a slow oven. Test with a knife blade, when blade comes out clean, remove from the oven. (For custard baked in large mold, use 6 eggs.)

Variations:

1. One cup of steamed dates cut in pieces may be added.
2. Custard may be sprinkled with nuts, nutmeg, cocoanut, or grape nuts before baking.

Custard

4 c. milk
4 eggs
½ c sugar
¼ t. salt
½ t. vanilla or nutmeg

Scald the milk (use double boiler if possible.) Beat the eggs slightly, add sugar and salt. Gradually add hot milk and egg mixture, stirring constantly. Return to double boiler and cook at low heat stirring constantly until mixture coats the spoon.

Bread Custard

3 slices of buttered bread
4 eggs
¼ c. sugar
1 qt. milk

Beat the eggs without separating; add the sugar then the milk. When the sugar is dissolved pour the mixture into a baking dish, and cover the top with the bread, butter side up. Bake in a moderate oven until set or solid. Serve cold. This is an exceedingly nice custard for children's supper.

Angel Pudding

1 lb. English walnuts
3 teaspoons baking powder
5 egg whites
1¼ cups powdered sugar
9 oz. dates

Break walnuts finely, and chop dates, mix with sugar and baking powder, add whites of eggs last. Bake in moderate oven 20 to 30 minutes. Serve with whipped cream.

Blanc Mange With Variations

The foundation recipe for blanc mange can be varied in many ways with a number of flavors. Make chocolate pudding by adding eggs, cocoa, or melted chocolate, and vanilla. Make caramel with caramelized sugar with or without the addition of chopped nuts. Make butterscotch pudding with one quart of milk, four rounded tablespoons cornstarch, three eggs, one cup brown sugar, one dessert spoonful molasses, one tablespoon butter, pinch salt, vanilla.

For fluff pudding, the yolks of the eggs are cooked with the other ingredients and stiffly beaten whites are folded in when the double boiler is removed from the stove. Almond flavoring is particularly nice with this pudding. Fruit juice sauces thickened with cornstarch or cream, plain or whipped, are delicious with any blanc mange.

Other variations may be provided by the addition to the foundation recipe of cocoanut and eggs; dates, after having first been washed, stoned, and chopped, and eggs; and canned fruit.

Most of these pudding variations become excellent cream pies if served in pie shells and topped with merangue or whipped cream.

Low's Dessert

1 cup dates
1 cup walnuts
1 teaspoon baking powder in the sugar
2 cups bread crumbs
1 cup sugar
3 eggs

Stir well and bake in flat pan 20 minutes. Whip one pint of cream and mix the above into it when cold and finely crumbled.

Creamy Rice Pudding

3 eggs
3 cups milk
2 cups cooked rice
¼ teaspoon salt
1 teaspoon vanilla
½ teaspoon nutmeg
5 teaspoons sugar
1 cup seedless raisins

Wash the seedless raisins in hot water, drain, and cool. Beat eggs slightly, add sugar, salt, nutmeg, vanilla, rice, raisins, and milk. Mix thoroughly, then pour into a baking dish, set in a pan of cold water and bake in a slow oven (250 to 300 degrees F.) until custard is set; that is, a knife will come out clean when inserted in the center, about 40 minutes.

Prize Pie

1 lemon
1 cup sugar
3 eggs
Lump butter

Separate yolks, beat light, add half the sugar, juice of lemon and lump of butter. Cook in double boiler until quite thick, remove from fire, and stir in the well beaten egg whites, saving half for the top. Add remainder of sugar to whites. Put mixture in a previously baked rich crust. Pile with merangue and brown.

Cocoanut Kisses

2 egg whites
1 cup powdered sugar
½ cup nut meats (chopped)
½ cup shredded cocoanut

Beat egg whites stiff; add sugar, cocoanut, and nut meats. Drop upon a buttered baking sheet. Bake in a moderate oven until dry and brown.